

You Asked For It 3 – Setting Healthy Boundaries

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What is a boundary?

Proverbs 4:23 – Guard your heart (inner person), for from it flow the issues of life.

- Saying “yes” and “no” are the essence of BOUNDARIES.
- Do you have trouble saying NO? – No is a complete sentence.
- Do you see telling the truth as hurting people?
- People without boundaries live “over-leveraged” lives.
- Do you know that confrontation and setting boundaries are actually godly?
- Healthy confrontation and boundaries are healthy biblical functions.
- God has boundaries and He is the most loving entity in the world.
- God deals with people according to their choices and will not override their will, while His mercy is always available.
- We are to respect the choices people make and set boundaries accordingly.

Boundaries Protect:

1. Your values
2. Your thoughts
3. Your feelings
4. Your passions
5. Your sins and weaknesses
6. Your family
7. Your spiritual life

Boundaries are not a License to be Selfish

Romans 12:9-18 – ⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be **devoted to one another** in brotherly love. Honor one another **above yourselves**. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ **Share with God's people** who are in need. Practice hospitality. ¹⁴ **Bless those who persecute you; bless and do not curse**. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn. ¹⁶ Live in harmony with one another. Do not be proud, but be willing to **associate with people of low position**. Do not be conceited.

¹⁷ Do not **repay anyone evil for evil**. Be careful to do what is right **in the eyes of everybody**. ¹⁸ **If it is possible, as far as it depends on you, live at peace with everyone.** *NIV*

AS MUCH AS IT DEPENDS ON YOU – Live at peace with others.

- This is how God delivers you from the actions of other people.
- While this may seem to contradict BOUNDARIES, it is actually the foundation for setting them.
- Boundaries are the part that “DEPENDS UPON YOU”!

3 KINDS OF PEOPLE - Everyone is not the same.

- When they won't receive reality or the truth
- You have to diagnose what category of person you are dealing with.
- WISE – FOOLISH – EVIL: You deal with each group differently.

1. WISE

Proverbs 9:8-9 – ⁸ If you rebuke a mocker, you will only get a smart retort; yes, he will snarl at you. So don't bother with him; he will only hate you for trying to help him. But a wise man, when rebuked, will love you all the more. ⁹ Teach a wise man, and he will be the wiser; teach a good man, and he will learn more. *TLB*

When truth comes to the wise they adjust, change, and work to match reality.

A wise person will thank you for your input.

STRATEGY: Talk to them, coach them, give them feedback, and they will love you for it.

2. FOOLS

- Might be the smartest, brightest, and gifted, and often are!
- Fools do not change with instruction.
- Fools change when truth comes to them in the form of consequences that they must camp out in and feel. When the pain of not changing becomes greater than the pain of changing, they change.
- When the truth or light comes, they adjust or dim the light or the truth, instead of themselves.

Proverbs 1:22 - Fools hate knowledge.

Proverbs 26:6 - Like cutting off one's feet or drinking violence is the sending of a message by the hand of a fool. *NIV*

- Don't trust a fool.

Proverbs 23:9 - Do not speak to a fool, for he will scorn the wisdom of your words. *NIV*

- Don't instruct a fool.
- They are unhappy or angry when given instruction, correction, or confrontation.
- They shoot the messenger—it's your fault.

Proverbs 17:12 - Better to meet a bear robbed of her cubs than a fool in his folly. *NIV*

STRATEGY: STOP TALKING! Respect their choice to REJECT KNOWLEDGE.

3. EVIL

- They have destruction in their hearts!

Psalms 7:14 - The wicked man conceives an evil plot, labors with its dark details, and brings to birth his treachery and lies; *TLB*

Proverbs 17:11 - An evil man is bent only on rebellion; a merciless official will be sent against him. *NIV*

STRATEGY: LAWYERS, GUNS, and MONEY.

3 Obstacles in Setting Boundaries

1. Fear of loss of relationship

- If I tell you the truth, set limits, tell you no, or confront you, I will lose you.
- Fear of loss causes people to violate boundaries to keep unhealthy relationships.
- Fear of loss actually causes you to draw to yourself unhealthy people.
- If I fix you, then I am a good person.
- I need you more than I need to live a healthy life. We become governed by others instead of our own hearts.
- You set your relationship with others as an IDOL you place before God.
- Learn to please an "audience of One."

2. Fear of Conflict or Anger – Conflict avoidance

- All of us have been trained in conflict. It might be crazy, but it is training none the less.
- When you saw conflict not being resolved, you learn to avoid it.
- People pleasers or people who need to find their happiness in other people's heads refuse to confront.
- It is not sinful to confront.
 - Nathan and David – Jesus – I have something against you!

3. Guilt

- If I set a boundary, I will feel guilty.
- I am afraid I will damage you if I say no.
- Learn the difference between “hurt” and “harm.”

EXAMPLES OF HURT AND HARM

- Going to the dentist “hurts”, but it doesn’t “harm.”
- Eating a bag of Doritos doesn’t “hurt”, but it “harms.”
- Going to the gym to deal with the Doritos “hurts,” but it doesn’t “harm.”
- Setting boundaries with people may “hurt,” but it doesn’t “harm.”
- Not setting boundaries with your children won’t “hurt” them, but it will “harm” them.
- IF YOU DON’T SET THE BOUNDARY OF PRIORITIZING THEIR SPIRITUAL LIFE, YOU WONT “HURT” THEM, BUT YOU WILL “HARM” THEM!

4 Skills to Set Boundaries

1. Monitor your lies.

- It is not a virtue to lie to people in order to try to rescue someone or spare their feelings.

2. Use the word “no” every day.

- Condition your heart to be truthful.
- If you disagree with something, don’t be an idiot, but express your opinion.

3. Find out who you’re giving power to.

- When you fear to say no, you are handing over your power to someone.
- Who are you trying to make happy at the expense of the real purpose of your life or your personal well-being?
- We give power away in order to be loved and accepted.
- If I meet all your expectations, you will love me.

4. Know when to say “yes.”

- We are called to be givers, so saying yes is a virtue.

3 things to consider before saying “yes.”

1. Is this something they can provide for themselves?
2. Do I have the resource, time, energy, or money?
3. What is the fruit of my giving?

My giving will produce one of two fruits:

1. Gratitude and autonomy – Thank you, and I'm on my way.
2. Ingratitude and dependency – What have you done for me lately?

Take aways:

- Do a “redo” on the last 4 weeks – make some calls.
- You get your life and purpose back.
- Talk to someone about this and take NEXT STEPS!! – Make it transformational.